

ATTENTION SWIMMERS!

**Interested in something FUN and NEW?
Try our new Synchronized Swim Program in Yonkers!**

Synchronized Swimming at the Mark Twain Pool

Youth Classes open to ages 9 and up * special permission needed for younger swimmers*

Synchronized swimming helps intermediate and advanced swimmers alike improve their swimming skills, flexibility, strength and endurance. Skills taught in the class helps novice swimmers develop a greater comfort in the water, and allow them to move through the water with greater ease, and confidence. Advanced swimmers develop greater body awareness, core control and an improved “feel” for the water.

Prerequisites: Ability to swim 15 yards; **Comfort in deep water** and underwater.

Location: Mark Twain Pool Complex
160 Woodlawn Avenue
Yonkers NY 10704

Class Schedule: Tuesdays and Thursdays in July
Time: 1:00-3:00pm
Fee: \$125.00



REGISTER NOW! Go to <https://register.communitypass.net/yonkers> to register your child for this exciting new program.

For more registration information, contact Andrea Velazquez at (914)377-6439.



**For more information on the Synchro
Swim Program Contact:**

Instructor:
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Coach**
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